



How old is old? Some say it is when a person is past seventy years old. However, that is not always the case, in some Russian villages being three score and ten is still young. There, people who are 120 years old or older can be found. One man who is 104 years old still works everyday in his fields.

Why do these people live so long? No one knows for sure, but scientists are getting some clues. In almost every case, these people eat, sleep, work, and play in amounts that keep them alert and strong. In addition, most of them have not had to worry much about either famine or other disasters. They live on fertile land, have few luxuries, and are accepted for their wisdom as an important part of village life.

The suprising thing is that many of the oldsters have had times in their lives when their health was not good. How then, have they stayed alive so long? Who knows? Maybe it's simply that the secret to long life is being content with whatever experience comes to them.

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1. This story is about:
  - (a) living a long life
  - (b) enjoying old age
  - (c) village life
  - (d) worry and stress
2. Where were these villages located?
  - (a) Mexico
  - (b) Japan
  - (c) Russia
  - (d) Germany
3. The oldsters in this article are considered:
  - (a) healthy
  - (b) wealthy
  - (c) nervous
  - (d) wise
4. The secret to long life may be:
  - (a) working hard
  - (b) being content
  - (c) eating the right foods
  - (d) poor health when younger
5. The oldsters told about in the story did not have to worry about famine or disaster; therefore, they:
  - (a) had easy jobs
  - (b) lived a long life
  - (c) had many luxuries
  - (d) slept more often
6. In this article case means:
  - (a) box
  - (b) situation
  - (c) to look over
  - (d) container
7. One factor that tends to make people grow old too fast is:
  - (a) luxury
  - (b) fertile land
  - (c) worry
  - (d) wisdom
8. Few people exceed the age of:
  - (a) 200
  - (b) 100
  - (c) 120
  - (d) 60